

# want to quit ?



Imagine . . .

***Freedom From Smoking®***  
in just 8 sessions!

Your **E**mployee **A**ssistance **P**rogram is pleased  
to offer an **8-session** group program for  
state employees and their families.

Rather than using scare tactics, this program features  
group interaction, support, and activities that show  
smokers how to stop smoking. It also teaches strategies  
to remain smoke-free.

Contact your Employee Assistance Program for more  
information on how to schedule a session for  
your department.

271-4336 or  
1-800-852-3345, Ext. 4336

*In coordination with:*

**Center for Health Promotions**

and



**AMERICAN LUNG ASSOCIATION®**  
of New Hampshire